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The Principles and Practice of Sleep Medicine, Fourth Edition edited by Meir H. Kryger, Thomas Roth, and William C. Dement, 1552 pp., Elsevier, 2005, \$195.00 The gold standard of sleep medicine has been The Principles and Practice of Sleep Medicine. Now in its fourth edition with the same editors, it ...

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Principles and Practice of Pediatric Sleep Medicine, 2nd Edition, written by preeminent sleep medicine experts Drs. Sheldon, Ferber, Kryger, and Gozal, is the most comprehensive source for diagnosing and managing sleep disorders in children.

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Principles and Practice of Sleep Medicine, 3rd ed | JAMA ...

Treating Sleep Disorders: Principles and Practice of Behavioral Sleep Medicine. Reviewed by Lisa Cantor, M.D. Treating Sleep Disorders: Principles and Practice of Behavioral Sleep Medicine edited by Michael L. Perlis and Kenneth L. Lichstein. Wiley, New York, N.Y., 2003, 485 pages, \$75.00.

Treating Sleep Disorders: Principles and Practice of ...

Sleep gives your body and brain time to recover from the stresses of the day. After a good night's sleep, you perform better and are better at making decisions. Sleep can help you feel more alert, optimistic, and get along with people better. Sleep also helps your body ward off disease.

Sleep and your health: MedlinePlus Medical Encyclopedia

Principles and Practice of Sleep Medicine. Second edition. M. KRYGER~R, T. ROTH and W. C. DEMENT. Philadelphia: W. B. Saunders, 1993. Price \$164.00. 1008 pp. IN TH1S edition the editors seek to bring us up to date with the many developments that have taken place in the field of sleep research and sleep medicine during the 5 years since the first ...

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He is the chief editor of the most widely used textbook in sleep medicine, The Principles and Practice of Sleep Medicine, currently in its 5th edition and is the author of A Woman's Guide to Sleep Disorders, the Atlas of Clinical Sleep Medicine, and Kryger's Sleep Medicine Review.

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